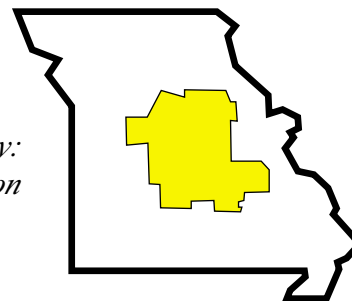


Missouri Department of Health 1998 Behavioral Risk Factor Surveillance System



*Regional Data Summary:
Central Region*

Although 85% of Missourians perceive themselves to be in good to excellent health, Missouri ranks above US rates for the leading causes of death—heart disease, cancer, stroke, and chronic lung disease (emphysema). Research shows that most of these diseases are related to personal health behaviors. Smoking, a diet high in fat and low in

fruits and vegetables, obesity and sedentary life-style are the major contributors to poor health—yet these behaviors can be changed to improve one's well being.

In 1985, the Missouri Department of Health, in collaboration with the US Centers for Disease Control and Prevention, began to gather information about these and other health

behaviors and practices among Missourians through the Behavioral Risk Factor Surveillance System (BRFSS).

This report contains the results of the 1998 survey for the state and six regions. The good news is that regional data is similar to that of Missouri as a whole. The bad news is that Missouri is often among the leading states for the

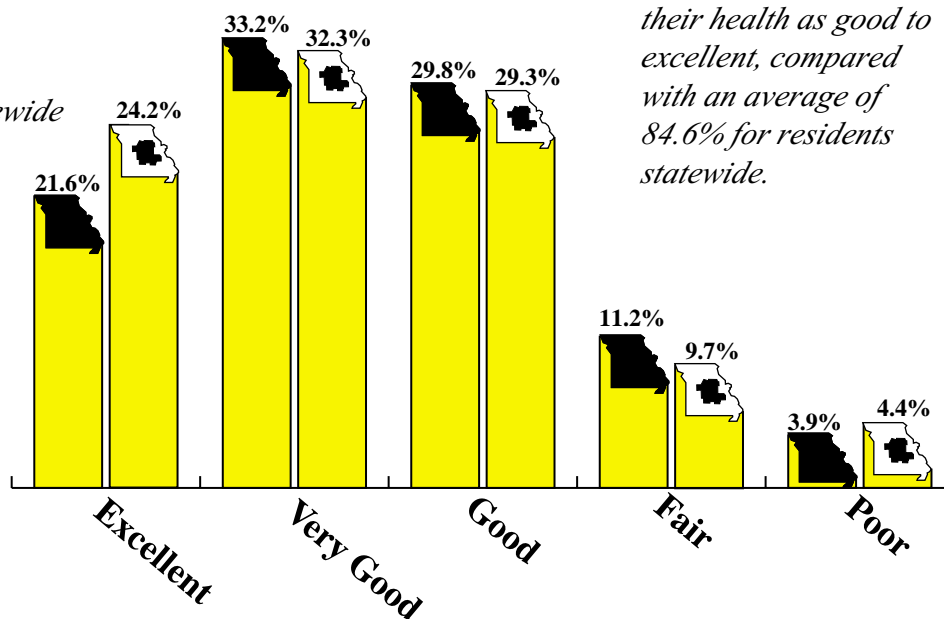
percentage of persons who smoke or are obese, among other unhealthy behaviors.

Therefore, although Missourians may “feel good,” their high rates of unhealthy life-style behaviors as well as premature deaths (before age 75) due to chronic diseases indicate that Missourians need to adopt healthier ways of living.

Perception of “Own Health”

**Would you say
that in general
your health is . . .**

*Central Region -vs- statewide
1998 BRFSS data*



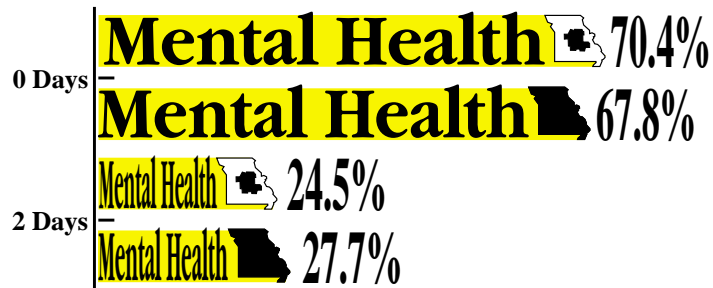
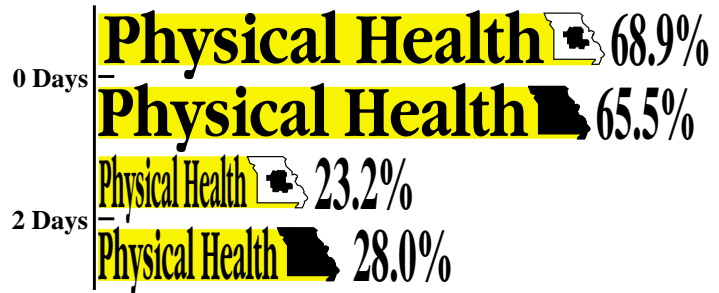
✓ *85.8% of Central Region residents rate their health as good to excellent, compared with an average of 84.6% for residents statewide.*

✓ 64.3% of Missouri residents statewide and 56.2% of Central Region residents said that they were not limited in their usual activities in the past month..

✓ On the question of how many days was your physical or mental health not good, the results also were similar to those of the state.

How many days in the last month was your health not good . . .

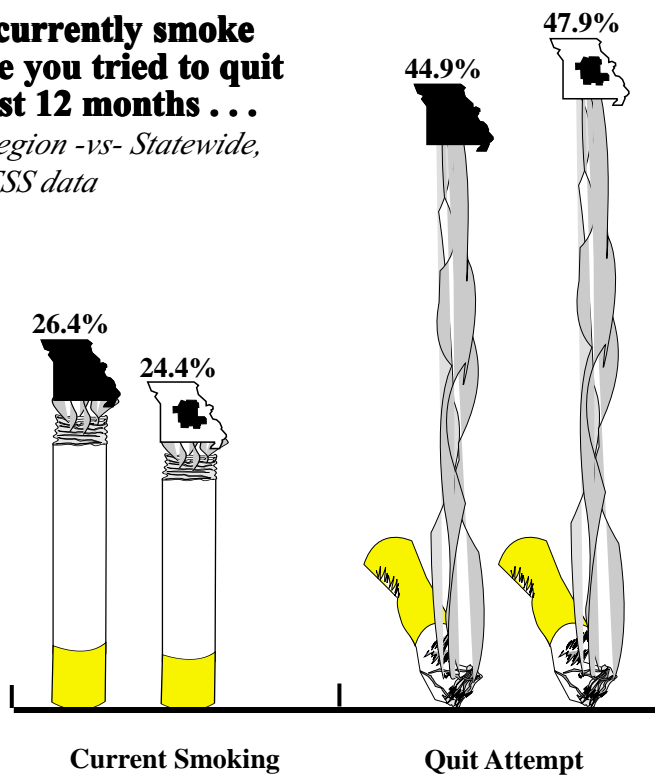
Central Region -vs- Statewide,
1998 BRFSS data



Tobacco Use

Do you currently smoke and have you tried to quit in the last 12 months . . .

Central Region -vs- Statewide,
1998 BRFSS data



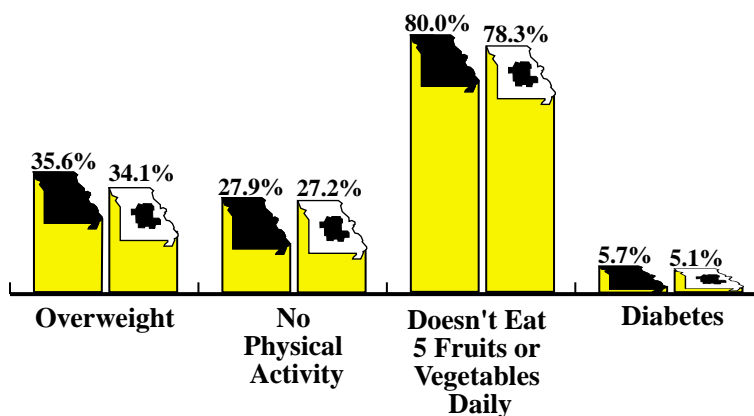
✓ Central Region residents smoke at a rate that is less than the average for residents statewide and they also try to quit at a greater rate.

Cardiovascular Disease Risk Reduction

- ✓ 58.3% of Central Region residents are eating fewer high fat or high cholesterol foods to lower the risk of heart disease and stroke, while 50.2% say they exercise more.
- ✓ 30.3% of Central Region residents took aspirin daily or every other day.
- ✓ 6.5% report that they have had a heart attack and 3.6% have had a stroke.

Overweight, Physical Activity, Diet, and Diabetes . . .

*Central Region -vs- Statewide,
1998 BRFSS data*



- ✓ Among Central Region residents, 34.1% are overweight.
- ✓ Physical activity data reveal that 27.2% do not get any exercise at all, while only 31.1% exercise regularly.
- ✓ 35.2% eat green salad 3-6 times a week and 41.8% drink juice daily. However, 78.3% of Central Region residents do not eat at least 5 servings of fruits and vegetables daily.
- ✓ 5.1% have been told by a doctor that they have diabetes.

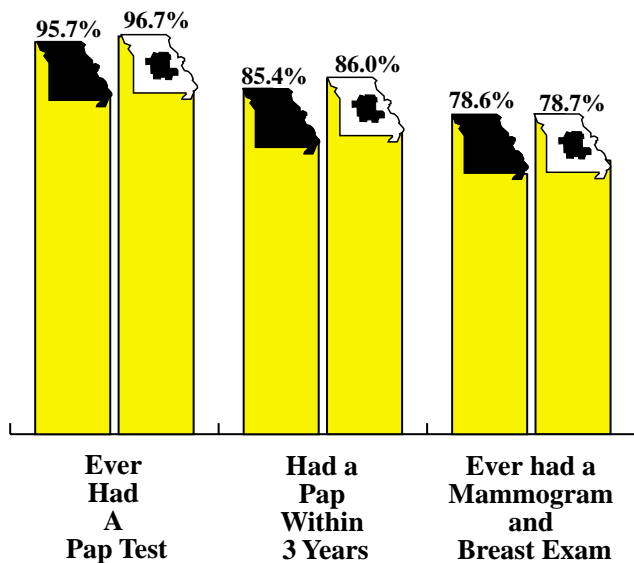
HIV/AIDS

- ✓ 38.7% of Central Region adults have been tested for HIV, while 5.0% consider themselves at medium to high risk of getting infected.
- ✓ 42.1% support HIV/AIDS education in 4th to 6th grades.
- ✓ 85.0% would advise a sexually active teenager to use a condom.

Women's Health

Pap, Mammogram, Breast Examination, how frequent? . . .

Central Region -vs- Statewide, 1998 BRFSS data



- ✓ *Central Region women are about as likely as all Missouri residents to have ever had a Pap test, and as likely to have had one in the last three years.*
- ✓ *Central Region women are about as likely as all Missouri residents to have ever had a Mammogram and Clinical Breast Exam (CBE).*
- ✓ *Central Region women age 50 or greater were less likely to have had a Pap smear within the last three years (65.4% -vs- 68.4%) and slightly less likely to have had Mammogram and CBE (65.6% -vs- 66.6%) within the last two years.*

Health Care Access/Utilization

- ✓ *During the past year, 68.9% of Central Region residents visited the doctor for a routine check-up.*
- ✓ *13.7% of Central Region residents do not have some kind of health care coverage.*

About the Behavioral Risk Factor Surveillance System (BRFSS)

The Missouri Department of Health (MDOH) conducts ongoing surveillance with the assistance of the US Centers for Disease Control and Prevention (CDC). MDOH staff randomly call about 4,200 Missourians during the year and request participation in the BRFSS. Interviewers ask questions related to health behaviors, screening, quality of life, mental health, impairment and access to health care and insurance.

For more information about any of these health topics or about the Behavioral Risk Factor Surveillance System, contact the public health department in your county. Additional information is available from the Missouri Department of Health, Division of Chronic Disease Prevention and Health Promotion at (573)522-2800.

Counties of the Central Region:

Audrain, Boone, Callaway, Camden, Cole, Cooper, Crawford, Dent, Gasconade, Howard, Laclede, Maries, Miller, Moniteau, Montgomery, Morgan, Osage, Pettis, Phelps, Pulaski, Washington